

RISK ASSOCIATED WITH COMPLEMENTARY FEEDING PRACTICES (428)

PARTICIPANT TYPE.....INFANTS 4-12 MONTHS, CHILDREN 12-23 MONTHS
HIGH RISK.....NO

RISK DESCRIPTION:

An infant or child who has begun to or is expected to begin to 1)consume complementary foods and beverages, 2) eat independently, 3) be weaned from breast milk or infant formula, or 4) transition from a diet based on infant/toddler foods to one based on the *Dietary Guidelines for Americans*, is at risk of inappropriate complementary feeding.

Note: This risk may be assigned only when a complete nutrition assessment has been completed and no other risk(s) were identified.

ASK ABOUT:

- Participant/caregiver concerns and/or questions about nutrition and feeding
- Access to sufficient food
- Access to ongoing health care and dental care

NUTRITION COUNSELING/EDUCATION TOPICS:

- Provide anticipatory guidance relevant to the participant's age and developmental stage.
- Suggested topics related to prevention of nutrition-related health problems:
 - Zinc and iron intake
 - Obesity prevention
 - Tooth decay
- Suggested topics related to promotion of lifelong healthy eating behaviors:
 - Timing of introduction of complementary foods
 - Choosing appropriate complementary foods and beverages
 - Introducing a cup
 - Helping the child establish lifelong healthy eating patterns
- Address any concerns raised by the participant/caregiver.

POSSIBLE REFERRALS:

- If the infant/child is not receiving well child care or keeping appointments, refer the child (if on Medical Assistance) to Health Tracks (<http://www.nd.gov/dhs/services/medicalserv/health-tracks/>), the local public health department, or primary care providers in the community.
- If the infant/child does not have dental home, refer to a local dental office, the local public health department (public health hygienists) or Health Tracks (if on medical assistance) for additional screening and referral. More information about oral health services in ND can be found at <http://www.ndhealth.gov/oralhealth/>.